

Illinois State University ISU ReD: Research and eData

The Stethoscoop

Mennonite College of Nursing Publications

Spring 2-2015

The Stethoscoop, February 2015

Mennonite College of Nursing

Follow this and additional works at: <http://ir.library.illinoisstate.edu/mcnsteth>



Part of the [Nursing Commons](#)

Recommended Citation

Mennonite College of Nursing, "The Stethoscoop, February 2015" (2015). *The Stethoscoop*. Book 6.
<http://ir.library.illinoisstate.edu/mcnsteth/6>

This Book is brought to you for free and open access by the Mennonite College of Nursing Publications at ISU ReD: Research and eData. It has been accepted for inclusion in The Stethoscoop by an authorized administrator of ISU ReD: Research and eData. For more information, please contact ISUREd@ilstu.edu.

The Stethoscoop

Issue 1 February 2015

President: Miranda Matheny
Chief Editor: Caroline Shaw
Assistant Editor: Maddie Jacobs
Media Planner: Marissa Nicastro

A Note From Lynn Kennell

People sometimes ask me why I would stay in teaching at Mennonite College of Nursing for 35 years. Well, there are 3 good reasons and these are not in any particular order:

- The faculty, staff, and administration I have worked with over the years are so supportive, fun to be with, and committed to nursing excellence in our students.
- The diversity of day to day experiences has made this an exciting career: from being in the classroom, to engaging with faculty across campus in committee meetings, to being in the clinical setting in OB and Peds. I love the variety in each day!!
- You, the students, with all the joys and trials that come with each semester. I truly love to see you grow and evolve as professional nurses, and to learn of your many successes after graduation.

Is teaching nursing hard work?? Yes, but there are many rewards that keep me going. To meet students early in their nursing education in Cultural Spiritual Dimensions in Health Care class is always so inspiring, as students are just learning about what it will be like to be a professional nurse. And then to follow through with students in Maternal Infant and Nursing Care of Children allows me to encourage growth, holistic care, and advocacy of the vulnerable in our society. Serving as the Transcultural Faculty Advisor and taking students to Brazil has been a wonderful addition to my roles at the college. One of my favorite quotes from Mother Teresa states, "Not all of us can do great things. But we can do small things with great love." Providing safe, competent, culturally sensitive and compassionate care consistently does embrace doing small things that can make a difference in the lives of our patients/clients, their families, and the health care staff with whom we work.

Living on a farm in rural Eureka, IL the last 34 years with my husband, Tom, and raising 3 lovely daughters, Ariel, Stephanie, and Lesli, have been the passions of my life. Tom and I are now empty nesters, with 8 outdoor cats and they each have a name. ☺ We enjoy lots of flowers in the spring and summer, and I look forward to the seasons when the corn and soybeans are first growing and looking like green jewels in the fields to the harvest, when the combine is going 18 hours/day. I love playing the guitar and leading singing at our church and working with the children. We learn songs in Swahili, French, Spanish, and English with lots of instruments, just to learn about all peoples of the world. I am grateful for the many blessings I have received being a part of Mennonite Hospital School of Nursing, Mennonite College of Nursing, and MCN at ISU. And the journey continues...

Winter Blues: 10 Fun Activities in winter!



By: Maria Lolis

6. Bake cookies with friends
7. Go ice skating
8. Snowball fight
9. Curl up under a blanket with a good book

1. Movie marathon
2. Create snow art with Kool-Aid or food coloring in squirt bottles
3. Take the Polar Bear Plunge
4. Game night
5. Site seeing



Black History Month

By: Marissa Nicastro

Mary Eliza Mahoney was the first black professional nurse to be licensed in the United States. She was born in Boston, on May 7, 1845. Unlike the rest of the people her age, she decided to pursue a career in nursing. In 1878, at age 33, she was accepted into the nursing school of New England Hospital for Women and Children which was the first professional nursing program in the country. Of the 42 students who started that year, Mahoney was one of just four who graduated the next year. The training required 12 months in the hospital's medical, surgical, and maternity wards. It also required 4 months as a private duty nurse prior to graduation. Once she graduated she applied for work as a private duty nurse. During this time period, nurses were often assigned domestic chores as well as nursing duties. Her reputation began to grow as a private duty nurse and she was receiving requests from patients as far away as New Jersey and North Carolina. Mahoney was one of the first black members of the American Nurses Association (A.N.A.). Mahoney helped recruit nurses to join the organization and she was concerned about women's equality and their right to vote. With the passage of the 19th Amendment in 1920, she was one of the first women to register to vote at the age of 76. Unfortunately, Mahoney was diagnosed with breast cancer in 1923 and died in 1926. Her grave is in Everett, Massachusetts which is the site of national pilgrimages. In 1936, the National Association of Colored Graduate Nurses (N.A.C.G.N.) established an award in her honor to raise the status of black nurses. She was inducted into the A.N.A.'s Hall of Fame in 1976.



P.R.O.U.D. (Pre-Entry & Recruitment Opportunities for Undergraduate Diversity)

"Currently, the healthcare workforce does not mirror the population." In 2012, Mennonite College of Nursing at Illinois State University was the recipient of a 3-year grant of more than \$1.1 million from the U.S. Department of Health and Human Services to support developing diversity in the nursing workforce. The program was named the Pre-Entry & Recruitment Opportunities for Undergraduate Diversity or P.R.O.U.D.; supporting recruitment and retention of underrepresented and underserved groups to the nursing profession, as well as leadership development through the educational experience. The grant will ensure scholarships and programming that will positively impact the entire College of Nursing as well as MCN's partners in the community. The 92 members of P.R.O.U.D. (freshmen to senior) participate in study tables, and tutoring activities that allow them to be successful in the strenuous nursing program. Students are exposed to nurses in the community, peer and faculty mentoring, monthly potluck social/career events, as well as leadership development. Students participate in faculty research, as well as participating in professional nursing organizations. Faculty at MCN are committed to student success and the P.R.O.U.D team faculty and staff members are devoted to supporting the students as they progress through their educational experience to enter the profession as nurses and leaders. P.R.O.U.D. is pleased to have this opportunity to bring monthly updates to the MCN family by partnering with the Stethoscoop team.

Written by the P.R.O.U.D. team members

5 Booming Nursing Specialties

By: Hannah Bernadette

- **Certified Nursing Anesthetist**
 - This is a nurse that administers anesthesia to patients under the supervision of an anesthesiologist. These professionals work closely with surgeons, anesthesiologists, dentists and podiatrists so that anesthesia medications are safely administered. The salary is about \$135,00 a year!
- **Certified Dialysis Nurse**
 - This type of nurse assists people whose kidneys are not working right and who have to use dialysis machines to get rid of waste products from the body. You'll need to have at least 2,000 hours caring for patients on dialysis in the last two years, and you will need to take a certification test. Nurses in this field are typically in demand on cruise ships, which could also be quite interesting! The median salary is about \$63,000 a year.
- **Certified Legal Nurse Consultant**
 - This is a career specialty if you do not want to always work in a hospital. Many in this field work in a law office or even from their home. Some of the things that you will do in this field include research, discovery, review standards of care, go over medical records, prepare reports, and find expert witnesses. The median salary is about \$62,000 a year.
- **Certified Nurse Midwife**
 - In this specialty of nursing, you will deliver babies, provide healthcare to female patients, and provide family planning education and prenatal/postnatal care. You can work in a hospital, health department, clinic, private practice or a home & the median salary is \$84,000.
- **Nurse Case Manager**
 - A nurse case manager will monitor how a patient is progressing and evaluate their care. Sometimes they will be advocates for the patient, but in other cases they are trying to find the most cost effective care for the insurance provider & many are employed by insurance companies. The median salary is \$69,000.

It looks like the Mennonite College of Nursing is the place to be right now!



What's the difference between dark and milk chocolate?

By: Maddie Jacobs



Did you ever think you would hear the words chocolate and healthy in the same sentence? We usually think of lots of sugar when we think of chocolate but dark chocolate has some great health benefits! The major difference between milk and dark chocolate is that dark chocolate contains more of the cocoa bean, which adds some health benefits to the tasty treat! Here are some big differences between dark chocolate and milk chocolate

- Dark chocolate has half the sugar and four times the fiber compared to milk chocolate.
- Dark chocolate contains some great nutrients such as phosphorus, magnesium and potassium.
- Not to forget flavonoids, which are antioxidants.
- It also provides cardiovascular benefits by reducing inflammation and can help reduce the risk of diabetes.
- Some evidence shows that dark chocolate is more filling than milk chocolate so it's easier to not eat as much!

Remember that while dark chocolate does have these great benefits, moderation is always key!

Thriving Microbes: The Top Germiest Places in Your Life

By Lauren George

1. **The Kitchen Sink:** Anything in or around this bad boy is packed with bacteria. The faucet, sponge, and basin typically house a whopping 500,000 bacteria per square inch. Keep it clean by thoroughly scrubbing the entire area with a powerful cleaner. Also, removing the metal aeration screen and soaking it in a diluted bleach solution helps remove pathogens.
2. **Your Welcome Mat:** All the bugs on the bottom of your shoes that you track into the house land in this friendly area. In fact, the soles of your shoes can carry coliform. Clean this bacteria-harvesting area with fabric-safe disinfectant and leave shoes at the door.
3. **Public Restroom Soap Dispensers:** As ironic as it may sound, soap harvests bacteria. These dispensers hardly get cleaned and are known to be contaminated with fecal bacteria. Make sure to take the full 15 to 25 seconds to scrub your hands thoroughly and to use gel disinfectants to kill the most germs possible.
4. **Shopping Cart Handles:** Ever thought of how many people touch a shopping cart a day? Or how many children have sat in them drooling at the sight of the candy aisle? Saliva, bacteria, fecal matter, and pathogens from raw food thrive in this habitat. Reduce your risk by taking advantage of the disinfectant wipes conveniently located as you walk in the store.
5. **Your Cell Phone:** It goes everywhere with you. From your home, to the gym, and all the places in between. It picks up bacteria all along the way. The cases that hold them are also breeding grounds housing pathogens in all their nooks and crannies. Use a disinfecting wipe on it a few times a week to keep the germs away.

Slow Cooker Beef Stew Great for Crockpots!



Prep Time: 20 Minutes
Cook Time: 12 Hours

Ready In: 12 Hours 20 Minutes
Servings: 6

"Stew meat is cooked with potatoes, celery, and carrots in a hearty broth. Garlic, Worcestershire sauce, and paprika add flair!"

INGREDIENTS:

2 pounds beef stew meat, cut into 1 inch cubes
1/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 clove garlic, minced
1 bay leaf

1 teaspoon paprika
1 teaspoon Worcestershire sauce
1 onion, chopped
1 1/2 cups beef broth
3 potatoes, diced
4 carrots, sliced
1 stalk celery, chopped

DIRECTIONS:

1. Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
2. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

By: Miranda Matheny

50 Shades of Grey

By: Kristen Smith

The book *50 shades of Grey* was best seller back in 2012, if your looking for something entertaining to do for a girls night out this is definitely the movie to see! This book describes a twisted love story between a wealthy CEO and a college senior. A fun fact about 50 shades is that in England the Damson Dene hotel they omitted the bible from the rooms and included the 50 Shades of Grey, the hotel owner thought it would add some spark to the individuals stay. This created a lot of controversy and has turned some people away from booking at that hotel. 50 shades of grey also has many different lines of items you can purchase, they just came out with eight different OPI nail polish colors and now have their own line of red and white wine, available in red satin or white silk. The movie hits the theaters on February 13th 2015 and is expected to sell out so buy your tickets soon! You can buy your tickets from Fandango.com or if you bring your student ID you can receive a discount at the Wherenberg theater in Bloomington. Also tickets are buy one get one free on Wednesday nights, perfect if you're planning to bring a friend along!



Flower	Meaning	Flower	Meaning
Agapanthus	Devotion	Lilac (purple)	First Love
Anemone	Anticipation	Lilac (white)	Youthful innocence
Apple Blossom	Hope	Lilly of the Valley	Happiness
Aster	Elegance	Lilly (yellow)	Walking on air
Baby's Breath	Pure- heartedness	Magnolia	Perseverance
Bluebell	Constancy	Mimosa (acacia)	Friendship[p
Calla Lilly	Beauty	Myrtle	Love and remembrance
Camellia	Perfect loveliness	Orange Blossom	Purity
Carnation	Devotion of pure & deep love	Orchid	Rare beauty
Corn Flower	Delicacy	Pansy	Thoughts
Daffodil	Hope	Peony	Bashfulness
Daisy	Gentleness	Poppy	Imagination
Forget-me-not	Remembrance	Queen Anne's Lave	Trust
Freesia	Innocence	Rose (coral)	Desire
Gardenia	Purity	Rose (red)	Love, passion
Gerbera	Truth, innocence	Rose (white)	Innocence
Heather	Future Fortune	Rose (yellow)	Friendship
Heliotrope	Devotion, faithfulness	Rosebud	Pure and lovely
Hibiscus	True Beauty	Rosemary	Remembrance
Hyacinth	Unobtrusive Loveliness	Stephanotis	Marital happiness
Iris	Faith, Wisdom and Valour	Stock	Beauty
Ivy	Eternal fidelity	Sweet Pea	Delicate pleasures
Jasmine	Grace, elegance	Thyme	Courage
Larkspur	Laughter, openheartedness	Tulip	Passion
Lavender	Luck	Violet	Modesty or faithfulness

February 2015 Issue—Events

By: Lindsay Murga

February

- Fri. Feb 13th- SWAT Wellness Gazebo! 2-8pm in the Brown Ballroom
- Sat. Feb 14th- SWAT Wellness Gazebo! 4-9pm in the Brown Ballroom
 - Men's Basketball vs. Wichita State 5pm @ Redbird Arena
- Sun. Feb 15th- Family Swim 12-2pm @ Student Fitness Center Pool
- Mon. Feb. 16th- MCN Open House for BSN Program 2-3pm @ Edwards Hall
 - F.L.A.M.E. General Assembly Meeting 7-8:30pm @ Rachel Cooper
- Tues. Feb 17th- SWAT Wellness Gazebo! 10:30-3:30pm inside the Student Fitness Center
 - Massage 1-5pm @ Student Services Building room 379
 - SNA meeting 1-2pm @ Stevenson 1-01
- Wed. Feb 18th- SWAT Wellness Gazebo! 10:30-2:30pm Inside Watterson Dining Center
 - Massage- 11-3pm @ Student Services Building room 379
- Thurs. Feb 19th- Clubs that Care Blood Drive 10-3pm @ Bowling and Billiards Center
 - SWAT Wellness Gazebo! 10:30-3:30pm Inside Watterson Dining Center
 - Mindfulness Class 3:30-4:45pm @ McCromick Hall room 184
- Fri. Feb 20th- Women's Basketball vs. Wichita State 7pm @ Redbird Arena
 - Gymnastics vs. Air Force Academy 7pm @ Redbird Arena
 - Bingo: Mardi Gras Style 7-10pm @ Brown Ballroom
- Sat. Feb 21st- Alumni Redbird Rally 4:30-9pm @ Horton Field House
 - Men's Basketball vs. Loyola 7pm @ Redbird Arena
- Sun. Feb 22nd- Women's Basketball vs. Missouri State 2pm @ Redbird Arena
- Mon. Feb 23rd- Be-You(tiful) 5-6:30pm @ Student Fitness Center
- Tues. Feb 24th- SWAT Wellness Gazebo! 10:30-3:30pm Inside Stevenson Hall
 - Massage 1-5pm @ Student Services Building room 379
- Wed. Feb 25th- SWAT Wellness Gazebo! 10:30-2:30pm Inside by Watterson Dining Center
 - Massage 11-3pm @ Student Services Building room 379
 - Men's Basketball vs. Southern Illinois 7pm @ Redbird Arena
- Thurs. Feb 26th- SWAT Wellness Gazebo! 10:30-3:30pm Inside by Watterson Dining Center
- Fri. Feb 27th- Nursing Simulation Lab Tour 3-4pm @ Nursing Simulation Laboratory
- Sat. Feb 28th- Family Swim 10-12pm @ Student Fitness Center Pool
 - First Day of District Games 6pm @ Brown Ballroom

March

- Mon. Mar 2nd- Gymnastics vs. Ball State 6:30pm @ Redbird Arena
 - F.L.A.M.E General Assembly Meeting 7-8pm @ Rachel Cooper
- Tues. Mar 3rd- SWAT Wellness Gazebo! 10:30-3:30pm Inside Schroeder Hall
 - Massage 1-5pm @ Student Services Building room 379
 - SNA meeting 1-2pm @ Stevenson 101
- Wed. Mar 4th- SWAT Wellness Gazebo! 10:30-2:30pm Inside by Watterson Dining Center
 - Massage 11-3pm @ Student Services Building room 379
 - PAWSitively Stress Free 3-5pm @ Milner Library 3rd floor
- Thurs. Mar 5th- SWAT Wellness Gazebo! 10:30-3:30pm Inside by Watterson Dining Center
- Sun. Mar 8th- Family Day at the Children's Discovery Museum 1-5pm